

Powersource Now Offers Expert Personal Training

November 04, 2016

November 04, 2016 - PRESSADVANTAGE -

Personal Trainers, Powersource, occupying a space in Pakwa Business Park, in Edina, MN, offers personal training for men and women of all ages.

Judy Beyers started Powersource Personal Training in 1989 with the goal of empowering people and teaching her students to tap into their inner strength, and to realize that they are not victims of aging, heredity, or injury.

With over 3000 current and former clients, PowerSource helps men, women and families of all ages learn how to use free weights and nutrition to tone up, rehabilitate injuries, reverse the aging process, lose weight, fight osteoporosis, and build strength.

The firm was founded 26 years ago when Beyers wanted to do something about the shape she was in and started training with bodybuilders. Becoming one herself, she became a personal trainer and opened PowerSource. Beyers holds the North American Natural Bodybuilding Title and is a frequent lecturer around the country. She has hosted the cable television series, "Life in the Fit Lane" and produced a video under the same name.

The center's specialty is teaching body sculpture, or toning muscles, and strength training, allowing PowerSource's clients to work out at home or use the free weights at their own health club.

"PowerSource is unique in that it trains clients to be independent and not rely on a trainer all the time. Clients can take as few as five training sessions and be able to see real physical changes in five weeks, then keep the program going on their own," says Beyers.

PowerSource offers a variety of courses to help you get into shape. They offer specialized classes for legs, abdominal muscles, and entire body workouts. They offer classes specifically for people over 50, called, "Getting Younger, Getting Stronger," as well as a class titled, "Beyond Rehab," focusing on strengthening chronically weak areas of the shoulders, knees and back and a class of strength training and nutrition for

families and couples, "Getting Stronger Together."

"My goal is to give independence and personal success for all of our clients. You are the source, you have the power, make your dreams come true," says Beyers.

For more information and to set up a free consultation check out their website:

www.powersourcepersonaltraining.com

JGM Properties works with over 400 tenants, including Powersource to provide office, warehouse, and retail space for lease in Minnesota. Founded in 1980, JGM Properties owns and manages Pakwa Business Park, as well as 23 other suburban Minneapolis warehouse, and office space properties.

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For more information about PowerSource Personal Training, contact the company here: PowerSource Personal Training
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